



# Creamy Mediterranean Bean & Pesto Stew

with Spinach & Garlic Ciabatta Dippers

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Zucchini



Garlic



Cannellini Beans



Soffritto Mix



Mediterranean Seasoning



Light Cooking Cream



Vegetable Stock Pot



Bake-At-Home Ciabatta



Baby Spinach Leaves



Basil Pesto



Diced Bacon

Prep in: 20-30 mins  
Ready in: 25-35 mins

This one-pot wonder is sure to have you smiling from ear to ear. Mediterranean seasoned cannellini beans and veggies do the most by soaking up the creamy, pesto stew to perfection and you can thank us for the garlic dippers as well. We know you love to sink and dunk'em!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plain Flour, Butter

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan with a lid · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
zucchini	1	2
garlic	2 cloves	4 cloves
cannellini beans	1 packet	2 packets
soffritto mix	1 medium bag	1 large bag
Mediterranean seasoning	1 sachet	2 sachets
<b>plain flour*</b>	½ tbs	1 tbs
light cooking cream	1 medium packet	1 large packet
vegetable stock pot	½ packet (10g)	1 packet (20g)
<b>water*</b>	½ cup	1 cup
bake-at-home ciabatta	1	2
<b>butter*</b>	20g	40g
baby spinach leaves	1 small bag	1 medium bag
basil pesto	1 packet	2 packets
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3076kJ (735Cal)	542kJ (130Cal)
Protein (g)	24.6g	4.3g
Fat, total (g)	38.3g	6.7g
- saturated (g)	15.3g	2.7g
Carbohydrate (g)	63.1g	11.1g
- sugars (g)	12g	2.1g
Sodium (mg)	2020mg	356mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3464kJ (828Cal)	566kJ (135Cal)
Protein (g)	31.5g	5.1g
Fat, total (g)	45.1g	7.4g
- saturated (g)	17.8g	2.9g
Carbohydrate (g)	63.8g	10.4g
- sugars (g)	12.5g	2g
Sodium (mg)	2450mg	400mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Cook the veggies

- Cut **zucchini** into bite-sized chunks.
- Finely chop **garlic**.
- Drain and rinse **cannellini beans**.
- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **zucchini** and **soffritto mix**, stirring occasionally, until softened **3-4 minutes**.
- Add **cannellini beans** and cook, until softened, **1-2 minutes**.

**Custom Recipe:** If you've added diced bacon, cook bacon with the zucchini and soffritto mix.



## Make the dippers

- Meanwhile, cut **bake-at-home ciabatta** into slices. Toast or grill **ciabatta** to your liking.
- In a small heatproof bowl, microwave the **butter** and remaining **garlic** in **10 second** bursts, until melted and fragrant.
- Brush **garlic butter** over ciabattas. Season with **salt** and **pepper**.



## Make it saucy

- Add **Mediterranean seasoning**, the **plain flour** and half the **garlic** and cook, stirring, until fragrant, **1 minute**.
- Stir in **light cooking cream**, **vegetable stock pot** (see ingredients) and the **water**.
- Reduce heat to medium, then cover with a lid and simmer, until thickened, **2-3 minutes**.



## Serve up

- Remove saucepan from heat, then stir through **baby spinach leaves**, until wilted. Season with pepper.
- Divide creamy Mediterranean bean stew between bowls. Top with **basil pesto**.
- Serve with garlic ciabatta dippers. Enjoy!

## Rate your recipe

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